

## General Advice

<https://www.citizensadviceoxford.org.uk/>

Free, search for nearest advice agencies

### Citizens Advice

0800 1448848 (Banbury)  
or 03444 111 444 (Bicester)

[www.canosn.org.uk](http://www.canosn.org.uk)

Free advice for issues such as debt, benefits, housing, immigration, asylum, employment and many more.

### Banburyshire Advice Centre

01295 279988

Free advice on education and benefits and support for carers (Banbury area only).

## Housing and Homelessness Support

### Connection Support

[www.connectionsupport.org.uk/oxfordshire](http://www.connectionsupport.org.uk/oxfordshire)

01865 711267

Provide help for those experiencing housing issues including homelessness, with mental health problems and older people.

### Better Housing Better Health

0800 107 0044

Support and financial assistance for heating homes.

## Other Support

### Oxfordshire County Council Family

Information Directory

<https://fisd.oxfordshire.gov.uk/>

Support for families including local activities, schools advice, disability advice and holiday play schemes.

### The Sunshine Centre, Banbury

<https://sunshinecentre.org/> 01295 276769

A hub of family and childcare support services, including baby and toddler groups.

### Domestic Abuse

Call 0800 195 8699 for access to support or 999 in an emergency.

### Oxfordshire Sexual Health Service

<https://www.sexualhealthoxfordshire.nhs.uk/>

01865 231231 (or Banbury clinic: 01865 904500)

Provide contraception, STI testing, HIV care and prevention and pregnancy support.

### Adapt Oxford

[www.adaptoxford.org.uk/referrals](http://www.adaptoxford.org.uk/referrals)

Support, therapy, counselling and supported living for recovering and helping addicts.

### Age UK Oxfordshire

0345 450 1276

Offer support for older people.

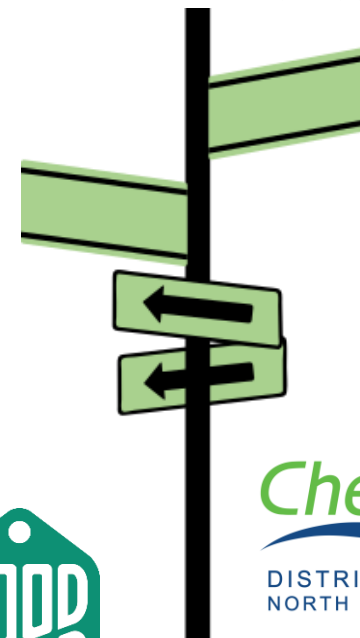
### Sanctuary Housing

<https://www.sanctuary.co.uk/interactive-support-map>

# SUPPORT SERVICES

– Cherwell District –

Contacts for help including food, housing and employment support, benefits, health, general advice and community support



**Cherwell**  
DISTRICT COUNCIL  
NORTH OXFORDSHIRE



**OXFORDSHIRE  
COUNTY COUNCIL**

## Community Activities and Support Groups

<https://livewell.oxfordshire.gov.uk/>

Find community, health and wellbeing support.

Adults and social care line

0345 050 7666

### Carers Support

<https://www.carersoxfordshire.org.uk/>

Information, advice and support for carers, free.

### Harvest @ Home

[www.cherwellcollective.com/about-us/harvest-home/](http://www.cherwellcollective.com/about-us/harvest-home/)

Community action group supporting people to learn the skills to grow their own food at home, provide kits with tools to grow at home, all free.

### Volunteer Connect

0300 3030 126

<https://oxonvolunteers.org/index-classic>

Find local volunteering opportunities.

## Food Support

### Food Access Map

<https://www.gfo.org.uk/food-support/community-food-services-map/>



Information on local food services or see CDC Food Services leaflet for more details.

### Banbury Community Fridge

07878 312073

Merton Street Mosque OX16 4RP.

Free and open to all. Open daily.

## Food Support continued....

### Cherwell Collective/larder

01865 817676 cherwelllarder@gmail.com

[www.tinyurl.com/muvzzu8e](http://www.tinyurl.com/muvzzu8e) to self-refer

<https://www.cherwellcollective.com/about-us/cherwell-larder/>

### Trussell Trust Food Banks

01869 245036 Bicester <https://bicester.foodbank.org.uk/>

01295661304 Banbury <https://banbury.foodbank.org.uk/>

Free, requires a referral from Citizens Advice, housing workers, social workers or a GP.

### North Oxfordshire Community Food Bank

07929 721172

[www.northoxfordshirecommunityfoodbank.org.uk](http://www.northoxfordshirecommunityfoodbank.org.uk)

Free with referral from community organisations (e.g. social services, Citizens Advice etc.)

### Bicester Community Fridge

Bicester Community Support Service,

Launton Road, Bicester, OX26 6DJ Mon-Fri 5.30-7pm

Sat/Sun 10-3 [bicesterfridge@gmail.com](mailto:bicesterfridge@gmail.com)

### Bicester Community Hub

Mon/Sat 10-11 am, Wed 5.30-6.30 pm, Sun 11-12 noon at Perch Eco Business Centre, Bicester, OX26 8BL. Fri 10.30-12 noon at Bure Farm Pub OX26 3HA

[Bicestercommhub@gmail.com](mailto:Bicestercommhub@gmail.com)

For details of other local emergency food support web search or see facebook: **Park Road Mosque** (07946 624222), **BYHP** (01295 259442), **Local Larder** (07930544311), **The Sunshine Centre** (01295276769), **Breadline Project, Lunchbox Project, Salvation Army and Heyford Park Pantry.**

## Economic Support

### Jobcentre Plus Oxford

08001690190 or 0800 055 6688

Help finding employment and economic support including Universal Credit, free.

### Oxfordshire Welfare Rights and Barton Advice Centre

01865 744165

[www.oxfordshirewelfareadvice.com](http://www.oxfordshirewelfareadvice.com)

Provide general support and benefits advice.

### Oxfordshire Mind

[www.oxmindguide.org.uk/directory/](http://www.oxmindguide.org.uk/directory/)

Provide support including benefits, mental health, minority community support and support for carers.

### Financial Support

[www.turn2us.org.uk/](http://www.turn2us.org.uk/)

Support for benefits and grant applications, find local advice centres.

### Christians Against Poverty

<https://capuk.org/> 0800 3280006

Free advice for debt.

### Cherwell District Council

[www.cherwell.gov.uk](http://www.cherwell.gov.uk)

01295 227001

Provide advice, emergency support, information about grants, benefits support, housing support and health information, all free. They can refer to other agencies.